
The United States Navy on the World Wide Web
A service of the Navy Office of Information, Washington DC
send feedback/questions to comments@chinfo.navy.mil
The United States Navy web site is found on the Internet at
<http://www.navy.mil>

Navy & Marine Corps Medical News
MN-99-18
May 7, 1999

This service distributes medical news and information to Sailors and Marines, their families, civilian employees, and retired Navy and Marine Corps families. Further dissemination of this email is highly encouraged. Stories in MEDNEWS use these abbreviations after a Navy medical professional's name to show affiliation: MC - Medical Corps (physician); DC - Dental Corps; NC - Nurse Corps; MSC - Medical Service Corps (Navy researchers and administrative managers). Corpsmen and Dental Technician designators are identified in front of their names.

-USN-

Contents for this week's MEDNEWS:

Headline: New guidebook makes TRICARE simple
Headline: Families near three closing military bases will keep pharmacy benefit
Headline: Automation helps crews work smarter
Headline: Fleet Hospital Five proves 'ready'
Headline: The Milky Way is expanding
Headline: Beaufort celebrates golden anniversary
Headline: High honor presented for Heroism
Headline: Yokosuka holds Pacific Rim Eye conference
Headline: TRICARE question and answer
Headline: Healthwatch: Bone up on your defense against osteoporosis

-USN-

Headline: New guidebook makes TRICARE simple
>From Bureau of Medicine and Surgery

WASHINGTON -- A central theme voiced by senior line service members has been, "Make TRICARE simple!" In response to these requests, a basic guidebook was created called "Sailing Through TRICARE" for Navy personnel, and "Navigating TRICARE" for Marine Corps personnel. The guidebook serves as a tool to assist in the education for Sailors and Marines. It is designed for junior enlisted personnel, and serves as a health benefit reference for senior enlisted and officers.

In the next few weeks, the TRICARE Marketing Activity will be mailing guidebooks to Navy personnel through senior enlisted aboard operational units and at military treatment facilities.

Senior enlisted representatives at MTFs are asked to

coordinate distribution at shore installations with their managed care offices. Marine Corps distribution will be handled through the Commandant of the Marine Corps (Manpower and Reserve Affairs).

Giving command specific information with these booklets will ensure all Sailors and Marines know their health benefit.

For more information, contact CDR Eleanor Valentin, MSC. She can be reached at 202-762-3165, (DSN) 762-3165 or e-mail: EVValentin@us.med.navy.mil.

-USN-

Headline: Families near three closing military bases will keep pharmacy benefit

>From TRICARE Management Activity

ALEXANDRIA, Va. -- Despite the closing of three U.S. military bases on May 1, medicare-eligible beneficiaries, and their family members who are medicare-eligible, who have been using pharmacies at those bases won't lose their pharmacy benefits.

Those who live within the service areas or catchment areas of military hospitals at the three bases, that were closed under the Base Realignment and Closure authority, will be able to get their medications only from TRICARE network retail pharmacies, or from the National Mail Order Pharmacy Program.

The three bases are: Onizuka Air Station, in Sunnyvale, Calif.; Red River Army Depot, in Texarkana, Texas; and Fort McClellan, in Anniston, Ala.

Persons who are affected by base closures have the same pharmacy benefit as those who use TRICARE Extra. They're charged 20 per cent co-pays for each prescription obtained from network pharmacies, and \$8 for those obtained through NMOP. There are no annual deductibles to satisfy.

Eligible persons who live outside the catchment area of one of the military hospitals on the closed bases, but were reliant on the base pharmacy at least once within the 12 months immediately before its closure, may be eligible to use the pharmacy benefit. To confirm eligibility, these persons must complete a Declaration of Reliance form, which can be obtained by calling the Defense Enrollment Eligibility Reporting System (DEERS), at 1-800-538-9552.

For more information about NMOP, call 1-800-903-4680, or visit the web site at <http://www.tricare.osd.mil/nmop.html>.

-USN-

Headline: Automation helps crews work smarter

>From Naval Health Research Center

SAN DIEGO, Calif. -- The Secretary of the Navy has implemented a major "Smart Work" program initiative with collaboration between Naval Sea Systems Command, the Naval Health Research Center, and industry to improve working and living conditions of our Sailors aboard ships by putting automation to work.

The Navy has a heat stress prevention program, OPNAVINST 5100.19C, that identifies safe Physiological Heat Exposure Limits (PHEL) for personnel exposed to high heat or humidity environments. Temperatures in engineering, steam catapult, galley, scullery, laundry and auxiliary equipment can exceed 100 F with a 50 percent relative humidity. In order to determine PHEL stay times for personnel who work in these hot environments, a heat stress survey must be conducted.

Surveys conducted at each workstation within each "high heat" workspace requires the use of portable hand held heat stress meter to measure the wet bulb globe temperature to determine the appropriate PHEL stay times. This could take three to five hours depending on the size of the ship. The number of man-hours spent performing surveys per year has been conservatively estimated at 3300 for a destroyer and 5800 hours for a carrier.

Jay Heaney, NHRC, Vincent Vizzard, NSWCCD-SSSES, Code 95 and Elias Aboujaoude, Deban Enterprises Inc. have developed an automated heat stress system software program and hardware configuration that will save hundreds of hours spent on manually conducting a heat stress survey aboard ships. The software program measures the wet bulb globe temperature information, displays the appropriate PHEL stay times, stores the data in a spreadsheet file, and prints the required information on a heat stress form within minutes. The automated survey is designed for use on all Navy ships and can be integrated within the SMART SHIP operational platform or use can be used on a desktop or laptop computer.

Interest in this technology has spread throughout the fleet and the automated system has been incorporated into the contract for the new destroyers (Arleigh Burke class), amphibious assault and amphibious transport dock ship construction plans. USS Mahan, DDG 72 was the first SMART SHIP to have the automated system installed in all high heat workspaces in December 1998. The new automated system has also been installed on USS Decatur, DDG 73, USS Mcfaul, DDG 74 and USS Bataan, LHD 5. Future installations planned for 1999 include USS Donald Cook, DDG 75, USS Porter, DDG 78 , USS Higgins, DDG 76, and USS BonHomme Richard, LHD 6.

The automated heat stress survey effort is a prime example of the "Smart Work" initiative that will save approximately 3000 to 5500 man-hours per ship each year by automating the survey process. The development of systems to automate the numerous labor-intensive shipboard functions will enhance job performance and a successful mission by allowing the crew to focus on more urgent operations.

-USN-

Headline: Fleet Hospital Five proves 'ready'

By Judith A. Robertson, Naval Hospital Bremerton

BREMERTON, Wash. -- Fleet Hospital Five recently conducted a week long exercise at Camp Pendleton, which tested its ability to quickly prepare a tent hospital.

The 250-member group built a 50-bed portable tent

hospital from the floor up, equipped it and had it ready to receive patients in a matter of hours as a part of the evaluation exercise conducted by the Fleet Hospital Operational Training Command.

"I learned that my co-workers are very compassionate, caring people," said ENS David Parins, NC. "They function more like a family than just a group."

Fleet Hospital Five is now the 'ready' team from amongst the Navy's 10 fleet hospitals. They are the most recently trained and evaluated.

"I was absolutely amazed, impressed and awed that everyone worked together so well," said HML Sheri Howard. "I had captains putting flooring down with me. Everyone from O-6s to E-1s were doing whatever they had to do."

According to CAPT Dan Snyder, MSC, commanding officer of Fleet Hospital Five and executive officer of Naval Hospital Bremerton, the performance was simply an affirmation of years of correct planning.

"This is a direct result of lessons learned by Navy Medicine in the Gulf War," said Snyder. "We are doing this training, bringing in the Reserves, testing the system, so that we don't have to repeat mistakes. Instead of pulling people from all over the map, having them meet for the first time on a plane headed somewhere, we now have a fleet hospital that has worked together. These folks are a team."

-USN-

Headline: The Milky Way is expanding
>From Naval Hospital Jacksonville

JACKSONVILLE, Fla. - More working moms will be able to continue breast feeding when they return to work thanks to a Milky Way room expansion provided by Lactation Program at Naval Hospital Jacksonville.

The Lactation Program has grown since its inception in March 1997. Today the Milky Way has four sites for the convenience of working mothers.

"One of the hurdles that working moms face is providing milk for their babies while they are on duty," said Liz Flight, the Lactation Consultant at the hospital.

The first Milky Way room opened for business at Naval Hospital Jacksonville in December 1997.

According to research, health care cost savings would be as much as \$1 billion annually, if babies were breast-fed.

"That's an excellent return on our investment," Flight said. "It's a win-win situation. The babies are healthier, medical costs have decreased, mothers have higher job satisfaction and absenteeism is reduced."

Milky Way II, opened in September 1998 and is located at Naval Air Station Jacksonville's Aircraft Intermediate Maintenance Department for mothers stationed within the department and Hangar 1000.

Branch Medical Clinic Jacksonville and the Pediatric Out-Patient Clinic are the new recipients of the expansion as beneficiaries of Milky Way III and IV.

Each mother that utilizes a room gets her own personal equipment and initial set up. Mothers are also offered a series of informative prenatal classes on pre-natal breast-feeding and Baby Boot camp.

Providing women convenient access to a free hospital quality breast pump in their workspace incorporates the requirements of SECNAVINST 6000.1 for using regularly scheduled breaks and mealtimes for expressing milk. The mother can maintain her supply by expressing breast milk while she's at work to store for later use.

The Lactation Program plans to further expand by offering a satellite program for working mothers separated from their infant because of health issues so they can maintain their supply.

-USN-

Headline: Beaufort celebrates golden anniversary
By LTJG Mark T. Joczik, MSC, Naval Hospital Beaufort

BEAUFORT, SC -- Naval Hospital Beaufort celebrated its 50th Anniversary of the commissioning of the hospital last week. Beaufort, a complete military facility in itself, was commissioned on April 29, 1949 on 127 acres, which included the National Historic Site, Fort Frederick. The present hospital replaced the Naval Hospital, Parris Island, which was open from 1891 through 1949..

The ceremony held at the hospital's main entrance overlooking the Beaufort River, featured RADM Stephen Fisher, MSC, Deputy Surgeon General of the Navy, as guest speaker. BGEN J.R. Battaglini, USMC, commanding general of the Marine Corps Recruit Depot, Eastern Recruiting District, presented the Meritorious Unit Commendation to the hospital for meritorious service in the provision of health care services from 1 August 1996 to 30 June 1998. During this timeframe the hospital implemented model programs in recruit training support and health care delivery resulting in a highly respected and greatly appreciated Navy health care team. These actions as well as others culminated with the awarding of a three-year accreditation by the Joint Commission on the Accreditation of Healthcare Organizations and selection by Department of Defense as the best Military Treatment Facility in the Navy. All officers, enlisted personnel and civilian employees who worked at Beaufort during the specified timeframe are authorized the Meritorious Unit Commendation.

"Today, our mission is far more complicated in terms of humanitarian assistance, peace keeping and war-fighting, yet the physicians, nurses, administrators, corpsmen and civilians have never in our history been better trained, better educated and more dedicated to our overarching commitment to force health protection and unprecedented quality of health care delivery," said Commanding Officer CAPT Clint Adams, MC.

The hospital provides general medical, surgical, and emergency services to active duty from all branches of

service, as well as retired military personnel and military dependents residing in the Beaufort area.

-USN-

Headline: High honor presented for heroism

By LT Luz Jacqueline Rosas, MSC, USNR, Naval Hospital Corps School

GREAT LAKES, Ill. -- One of the highest military peacetime honors has been bestowed upon Naval Hospital Corps School staff member, HM2(FMF) Gerald Harvell. Last month, Harvell was awarded the Navy and Marine Corps Medal for saving the life of a Japanese National while stationed on Okinawa. The award came as a result of his actions while he was stationed with the 4th Marines, 3rd Marine Division, Marine Forces Pacific, Okinawa, Japan.

One day when Harvell was riding on a bus a civilian automobile struck it from behind. He quickly assessed the scene of the accident and determined that the injuries of the passengers on the bus were not life threatening and then noticed smoke and flames coming from the car that hit the bus.

Harvell quickly reacted by crawling through the broken window of the bus and running to the burning vehicle. He was able to pull the victim from the wreckage, only moments before the car became completely engulfed with flames.

Harvell attributes his courageous and prompt action to the experience gained while serving with the Marine Corps and the years of training he has received as a Hospital Corpsman.

"As a corpsman, we train every day and we are prepared to deal with many situations," said Harvell."

-USN-

Headline: Yokosuka holds 'Pacific Rim Eye Conference'

By LT Ken Uyesugi, MSC, Head, Optometry

YOKOSUKA, Japan -- U. S. Naval Hospital Yokosuka recently hosted the first ever Pacific Rim Eye Conference.

The conference was designed to give representatives from every major command in mainland Japan a chance to share their expertise and discuss major events and new advances in eye care.

Eight optometrists and one ophthalmologist attended the conference.

Dr. David Judge, an ophthalmologist working at King Khaled Eye Specialist Hospital in Riyadh, Saudi Arabia, traveled to Japan to attend and present several lectures in such areas as refractive surgery, new advances in topical medications and anterior segment diseases to the group of eye care professionals and technicians.

This two-day conference gave the attendees an opportunity to improve their professional knowledge, exchange ideas and meet their military colleagues on the Japanese mainland.

-USN-

Headline: TRICARE question and answer

Question: What guarantees do I have that, as a TRICARE Prime enrollee, I won't just end up on the phone, waiting to make an appointment at the hospital or clinic?

Answer: Like many aspects of TRICARE Prime, performance standards have been applied to the central appointments system, which is available at most locations. We have arranged for enough phone lines and people to answer them to avoid patients waiting for unreasonable periods of time. If additional capability is still required, we will provide it. However, you will likely find busy signals and long waits a thing of the past.

-USN-

Headline: Healthwatch: Bone up on your defense against osteoporosis
>From Bureau of Medicine and Surgery

WASHINGTON -- Got milk? Then you may want to drink it as a good source of calcium and Vitamin D to help reduce the risk of developing osteoporosis.

Osteoporosis is a disease of the skeleton in which the amount of calcium present in the bones slowly decreases to the point where the bones become brittle and prone to fracture or break.

Women are more likely to develop the disease than men, with postmenopausal women having the highest risk.

When bone growth proceeds normally, an individual continues to build and increase bone mass past age 30. Full bone mass is achieved by age 35. From this period until menopause there is a very slight loss of bone mass. When menopause occurs, it triggers an increase in bone loss.

Certain factors may be out of your control, but being aware of them can prepare you to take preventive measures. These risk factors are:

- being female: Women have a five times greater risk than men.

- thin, small-boned frame

- broken bones or stooped posture in older family members, especially women, which suggest a family history of osteoporosis

- early estrogen deficiency in women who experience menopause before age 45, either naturally or resulting from surgical removal of the ovaries

- estrogen deficiency due to abnormal absence of menstruation (as may accompany eating disorders)

- ethnic heritage: White and Asian women are at higher risk than African-American and Hispanic women

- advanced age

- prolonged use of some medications, such as excessive thyroid hormone; some antiseizure medications; and glucocorticoids (certain anti-inflammatory medications, such as prednisone, used to treat conditions such as asthma, arthritis and some cancers).

These actions can help you prevent or reduce your risks for osteoporosis.

- Be sure you get the recommended daily allowance (RDA) of calcium (1000 mg) and vitamin D (400 units). The RDA may vary depending upon your age and your current health condition.

- Engage in regular physical exercise, such as walking and other weight bearing activities that can be helpful in building and maintaining strong bones.

- Avoid smoking.

- If you must drink alcohol or coffee, do so in moderation.

Source: <http://www.webmd.com>

-USN-

Comments about and ideas for MEDNEWS are welcome. Story submissions are encouraged. Contact MEDNEWS editor, Earl W. Hicks, at email: mednews@us.med.navy.mil; Telephone 202/762-3223, (DSN) 762-3223, or fax 202/762-3224.

-USN-

-USN-